



TEXAS DEPARTMENT OF HEALTH
AUSTIN TEXAS
INTER-OFFICE

TO: WIC Regional Directors
WIC Local Agencies

FROM: Linda Brumble, Director [original signed]
Policy Administration and Training
Bureau of Nutrition Services

DATE: April 2, 2003

SUBJECT: Peer Counselor Training Manual Update

Please help us update the Peer Counselor Training Manual. Our latest edition lists 2002 as the copyright revision date on the inside title page at the beginning of the manual. If you have the 2002 edition please print the attached page and replace Class 1 H-14 with this corrected version. We are revising the first sentence below the graphic, "The absorption of iron from breastmilk is about 49%, while the absorption from cow's milk and infant formulas is about 4%." The absorption from cow's milk and infant formula is being updated from "about 4%" to "about 7 to 12%" to be consistent with the most recent policy statement from the American Academy of Pediatrics. Please replace this page in both your instructor's manuals and your counselor's manuals.

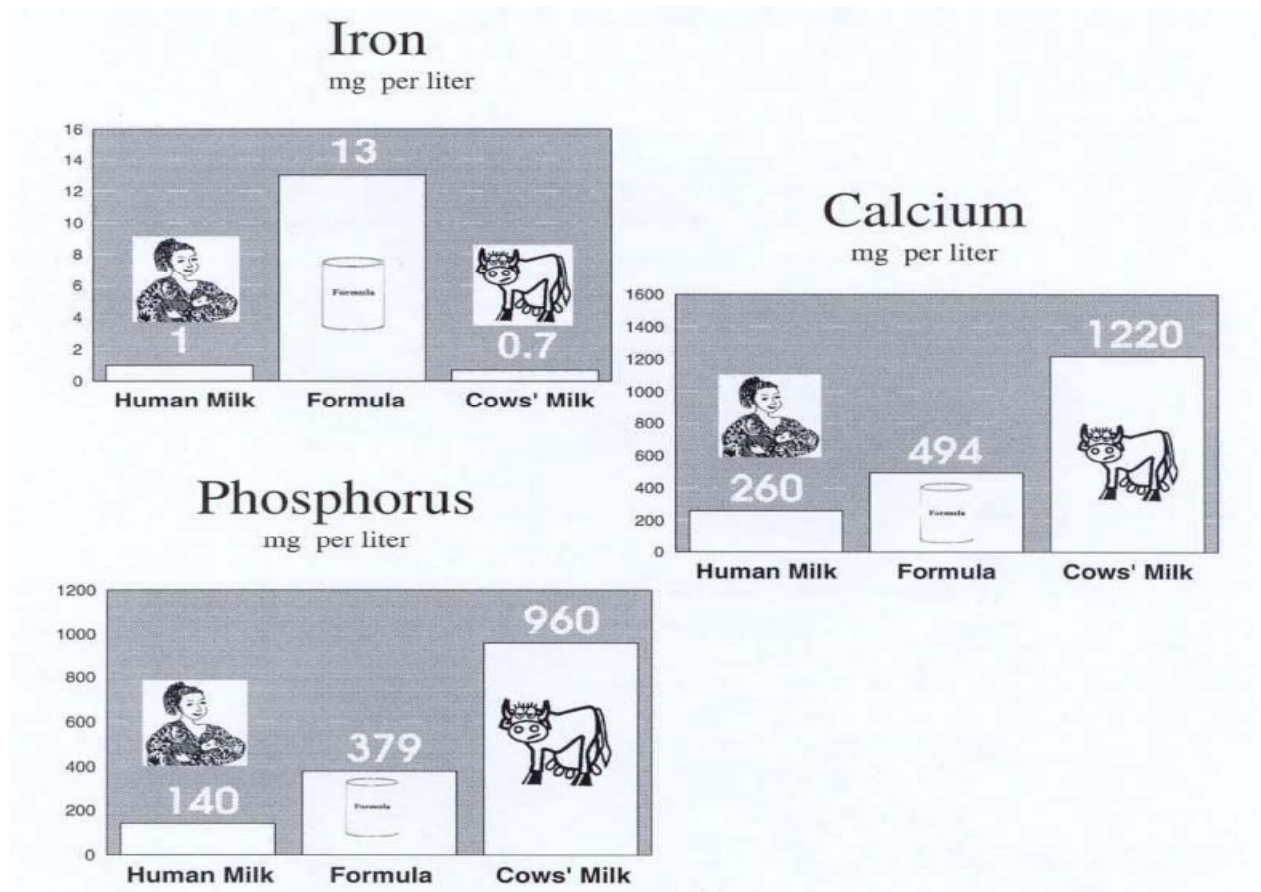
If you have a Peer Counselor Training Manual that is older than the 2002 edition, please discard it and order a new one from the WIC warehouse on a WIC materials order form. The locator number for WIC Breastfeeding Peer Counselor Manual for Instructors is 13-140. You may now also order the section of the manual for trainees from the WIC warehouse, The WIC Breastfeeding Peer Counselor Manual for Counselors locator number is 13-11342.

If you have any questions, please contact Jewell Stremmler, Peer Counselor Coordinator at (512) 341-4400, extension 2303 or Jewell.Stremmler@tdh.state.tx.us.

Attachment

Minerals

< It is important to remember that more is not necessarily better. The higher mineral content of cow's milk can strain the baby's immature kidneys.



Iron

< The absorption of iron from breastmilk is about 49%, while the absorption from cow's milk and infant formulas is about 7 to 12%. That is why formula companies have put so much more iron in their products than breastmilk has.

Calcium and Phosphorus

< Calcium and phosphorus are absorbed into the body together with Vitamin D. Cow's milk and infant formulas contain much more Calcium than breastmilk, because cows must start walking from birth.